

# DURATION AND REASONS FOR CHANGING THE FIRST ANTIRETROVIRAL THERAPY: AN 8-YEAR FOLLOW-UP



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## BACKGROUND

Failure of first highly active antiretroviral therapy (HAART) reduces both the duration and the chances of viral control in subsequent regimens, due to cross-resistance and common toxicity between and within classes of anti-retroviral drugs.

## PURPOSE

To measure the duration of the first HAART prescribed in a population of human immunodeficiency virus (HIV) infected patients and to address factors leading to therapy changes.

## MATERIAL AND METHOD

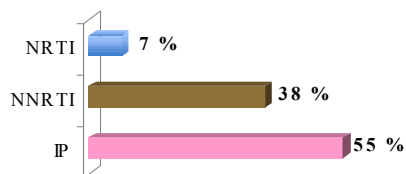
Retrospective, observational study which included HIV-infected patients over 18 with no previous HAART and who started their therapy in a regional hospital between January 1<sup>st</sup>, 2003 and December 31<sup>st</sup>, 2008. The follow-up lasted until December 31<sup>st</sup>, 2010. A descriptive analysis was performed and Kaplan-Meier curves were used to assess the duration of the first HAART.

## RESULTS

✓ 58 patients started HAART



12 of them with no changes at the end of the study period

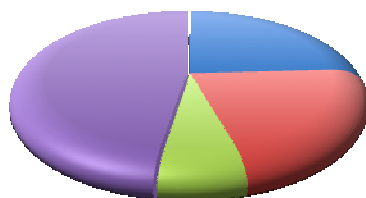


Initial regimens

Duration of the first HAART:

- 509 days (median time)

- 721 days excluding treatment simplification as a cause of switching therapy



Main causes for switching therapy

- Adverse events
- Treatment simplification
- Voluntary withdrawal
- Other

Only 3 cases of immunological, virological or clinical failure

Dyslipidemia 35.7%  
Hepatotoxicity 21.4%  
Digestive intolerance 14.3%



Most frequent adverse events

## CONCLUSIONS

Duration of the first HAART remains short, especially considering it is supposed to be the longest therapy, since, currently, this treatment is expected to be chronic. Adverse events are the main cause of withdrawal, so their prevention and mitigation should be one of the cornerstones of our activity as pharmacists.